1. A chair comprising:

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a support portion having a length sufficient to support a user's head, neck, back and thighs;

a rocking element removably coupled to said support portion, wherein said rocking element urges said support portion into a substantially horizontal position of repose.

- 2. The chair of claim 1, wherein said support portion further comprises a seat portion removably coupled to a back rest portion.
- 3. The chair of claim 2, wherein an angle between said seat portion and said back rest portion ranges between about 100 degrees and about 150 degrees.
- 4. The chair of claim 3, wherein said angle between said seat portion and said back rest portion is about 128 degrees.
 - 5. The chair of claim 1, wherein said rocking element substantially cradles said support portion.
- 20 6. The chair of claim 1, wherein said rocking element further comprises at least one supporting arc having a contact surface capable of supporting said chair with respect to the ground.

- 7. The chair of claim 6, wherein said contact surface further comprises a stabilizing portion substantially corresponding to said position of repose.
- 8. The chair of claim 6, wherein said contact surface rotates along a length of said supporting arc such that said contact surface only partially contacts said ground anterior to said position of repose, and such that said contact surface substantially fully contacts said ground beyond said position of repose.
- 9. The chair of claim 8, wherein said contact surface further comprises a traction element disposed along at least a portion of a lateral edge thereof.
 - 10. The rocking element of claim 9, wherein said traction element comprises teeth integral to said contact surface.
- 15 11. The chair of claim 6, wherein said supporting arc extends beyond a length of said rocking element to prevent over-rotation of said rocking chair.
 - 12. The chair of claim 6, wherein one end of said supporting arc substantially corresponds to a back surface of said support portion, and wherein a second end of said support arc substantially corresponds to a lateral edge thereof.

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13. The chair of claim 1, wherein said support portion is contoured to substantially cradle said user.

- 14. The chair of claim 1, wherein said support portion further comprises a handle element coupled thereto.
- 15. The chair of claim 1, wherein said support portion further comprises a handle element integral thereto.
 - 16. The chair of claim 1, wherein said support portion further comprises a protective covering removably coupled thereto.
- 10 17. The chair of claim 1, further comprising a securing element attached to said support portion, wherein said securing element operatively connects said chair to at least one of a second chair and a stationary object.
- 18. The chair of claim 17, wherein said support portion further comprises at least one recess to retain said securing element.
 - 19. The chair of claim 17, wherein said securing element comprises a rod.
- 20. The chair of claim 17, wherein said securing element is configured to support at least one of the group consisting of a baby seat, a cooler, a food item, a beverage and electronic equipment.

- 21. The chair of claim 1, further comprising a supporting element capable of independently supporting an accessory item.
 - 22. The chair of claim 21, wherein said supporting element is selected from
- 5 the group consisting of a cup holder, a tray and a desktop.

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23.	Α	chair	comprising:
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a seat portion;

a back rest portion removably coupled to said seat portion, wherein said seat portion and said back portion are capable of supporting a user;

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rocking means removably attached to said seat portion and said back portion, wherein said rocking means urge said user into a substantially horizontal position of repose; and

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a securing element removably attached to at least one of said seat portion, said back portion and said rocking means, wherein said securing element is capable of stabilizing said rocking chair with respect to at least one of a second chair and a stationary object.

The chair of claim 23, wherein said seat portion is adjustable relative to said back rest portion.

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- 25. The chair of claim 23, wherein an angle between said seat portion and said back rest portion ranges between about 100 degrees and about 150 degrees.
- 26. The chair of claim 23, wherein said rocking means comprises a material 20 selected from the group consisting of metal, plastic, wood and composite.
 - 27. The chair of claim 23, wherein said rocking means substantially cradles said seat portion and at least a portion of said back rest portion.

- 28. The chair of claim 23, wherein said rocking means further comprises at least one supporting arc having a contact surface capable of supporting said chair and said user.
- 5 29. The chair of claim 28, wherein said contact surface further comprises a stabilizing portion substantially corresponding to said position of repose.
 - 30. The chair of claim 28, wherein said contact surface rotates along a length of said supporting arc such that said contact surface partially contacts the ground anterior to said position of repose, and such that said contact surface substantially fully contacts the ground beyond a position of repose.
 - 31. The chair of claim 30, wherein said contact surface further comprises a traction element disposed along at least a portion of a lateral edge thereof.

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- 32. The chair of claim 31, wherein said traction element comprises teeth integral to said contact surface.
- 33. The chair of claim 28, wherein said supporting arc extends beyond a length of said rocking means.

- 34. The chair of claim 28, said supporting arc further comprising a first end and a second end, wherein said first end is coupled to a lateral edge of said seat portion and said second end is coupled to a back surface of said back rest portion.
- 5 35. The chair of claim 23, further comprising a handle element coupled to said back rest portion.
 - 36. The chair of claim 23, further comprising a handle element integral to said back rest portion.

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- 37. The chair of claim 23, further comprising a protective covering removably coupled to said seat portion and said back rest portion.
- 38. The chair of claim 23, wherein said securing element is configured to support at least one of the group consisting of a baby seat, a cooler, a food item, a beverage, and electronic equipment.
 - 39. The chair of claim 23, further comprising a supporting element capable of independently supporting an accessory item.

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40. The chair of claim 39, wherein said supporting element is selected from the group consisting of a cup holder, a tray and a desktop.